

BENT RIM BUGLE

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VOL. 5 NO.1

SPRING 1991

A Publication of the Michigan Mountain Biking Association

Addison Oaks Mountain Bike Trails to Host National Spring Classic

by Greg Hall (edited by the editor...)



"Hellacious" Mountain Biking available daily at Addison Oaks County Park.

Whether it's competitive or recreational, Addison Oaks County Park offers a variety of trails for cyclists of all skill levels. Located in Romeo Michigan, Addison Oaks features five miles of wooded and open trails for novice and advanced bikers, alike.

Originally used by snowmobilers for more than 15 years, the trails were transformed into mountain bike paths with the addition of the downhill portion of the course in 1985. Located on the park's west side, the course features five trails, highlighted by Buck Run, a 4.3-mile stretch characterized by open meadows and narrow,

winding downhill paths. The paths range from 12-20 feet wide with straight-aways of up to 400 feet in length. To add to the difficulty of the course the straight-aways often veer into sharp-angled turns.

The smaller trails such as Upland (.31 miles), ULLR (.14), Tower (.1) and Meadowview (.12) consist of flat land, are relatively simple to negotiate, and are used as connector paths between the outer most trails of Buck Run.

Addison Oaks welcomes mountain bikers on a day-to-day basis. A five mile path located on the east side of the park is available for hiking only. Both paths are combined for cross-country skiing during the winter.

Cyclists can also enjoy more than 100 primitive, modern and group campsites located on 720 wooded acres. Fishing, boat rentals, picnicking, swimming beaches and concessions are available, in addition to a newly remodeled conference center for business and social gathering.

Addison Oaks County Park is on West Romeo Road, nine miles north of Rochester, in Romeo. For more information on mountain biking or other park activities, call Addison Oaks at (313) 693-2432.

Trail Review:

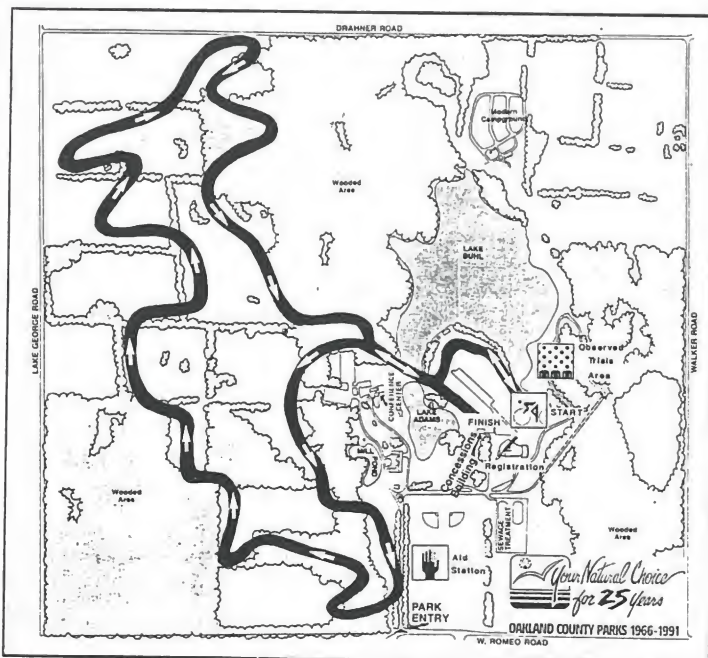
Location: West Romeo Road, 2 miles west of Rochester Road, 7 miles north of Rochester.

Trail Distance: 4.94 miles: 5 miles for races

Direction of Travel: Clockwise

Type of Terrain: Variety of terrains. Open meadows feature long, flat trails. Wooded areas offer narrow, winding downhill trails. Some downhill trails drop quickly in elevation.

Notes: Helmet is mandatory. Bikers must yield right-of-way to passing bikers. Paths are open to bikers of all skill levels. Biking is confined to designated trails only.



TRAILS UPDATE



FROM THE DEPARTMENT OF NATURAL RESOURCES:

(Provided by the DNR—Jon Roethele, Recreational Trails Coordinator)

Trail-related recreational opportunities for Michigan residents and visitors to our state continue to receive priority consideration within the administrative offices of the Department. The Statewide Trails Plan for Michigan is moving toward finalization and opportunities for public input, with respect to the subject matters addressed in the plan, shall be scheduled in the near future. The Plan presents the foundation upon which all types of trail-related decisions—both motorized and non-motorized uses—shall be formulated within the department. Input from the various trail advisory councils representing the bicycling, hiking equestrian, cross-country ski, snowmobile, and off-road vehicle interests have been considered in the development of this initiative.

Staff within the department—especially the State Parks Division Field supervisors—have continued to evaluate the manner in which "mountain bike" use can be accommodated and expanded on lands under their administrative jurisdiction. The positive spirit of cooperation and support of individual mountain bike clubs, organizations, and interested individuals has proved very helpful in addressing mutual areas of concern. We shall continue to work toward the development of information literature, including maps and brochures, that will be useful to individuals in enjoying this type of outdoor recreational activity. The department's efforts in this regard have been focused in southern Michigan in those areas that are reasonably accessible to population centers.

As the spring season gets in full swing, we remind individuals to respect other trail users whom they may encounter on designated trails and travel ways. We are always pleased to respond to questions that individuals may have with respect to the statewide trails program. Continuing public interest and support is encouraged.

Jon Roethele
State Trails Coordinator
Recreation Services Branch
DNR, Recreation Division
P.O. Box 30028
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BENT RIM BUGLE

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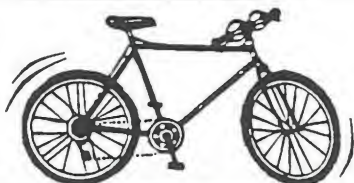
Addison Oaks
Pontiac Lake Chapter MMBA
Meg Comeau
Dwain Abramowski

Music provided By:

Last Call Band

Materials provided by:

"Mother Earth,"
Use them wisely and recycle—this magazine
is printed on recycled paper.



CALENDAR OF EVENTS

Pontiac Lake Recreation Area Gear Jam

Memorial Day Weekend

- Ride
- Hill Climb
- Many other events

Where: Pontiac Lake recreation Area

When: Monday May 27, 10:00 am

Contact: Tom Nell Bicycles Ltd.
(313) 682-5456

Yankee Springs Trail Blazer

Project of Western Michigan Chapter of the
MMBA & Yankee Springs Recreation Area

Where: Yankee Springs Recreation Area
DNR Headquarters service garage
(meeting point)

When: Saturday April 13, 10:00 am

Contact: Ian Joyce, President
Western Michigan Chapter, MMBA
(313) 394-5985 About what to bring, where trail
work will be done, and other related activities.

MMBA Responsibility Code

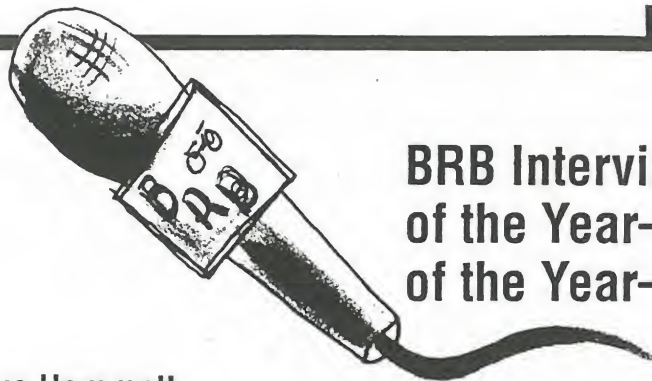
1. Always yield the right of way to other trail users.
2. Slow down and pass with care (or stop).
3. Control your speed at all times.
4. Stay on designated trails.
5. Don't disturb wildlife or livestock.
6. Pack out litter.
7. Respect public and private property.
8. Know local rules.
9. Plan ahead.
10. Avoid riding in large groups.
11. Minimize impact.
12. Report incidents of trail impasse to local park authorities.

CLASSIFIED ADS

Classified ads are free to MMBA members. There is a \$7.00 fee for non-members who would like to place an ad in the BRB.

Ritchey Timbercomp 20" deep wine Imron Frame, '90 w/XC Pro (Greaseguard) – Decked out with goodies, cost me \$2,600, Asking \$1,300. Call David (517) 458-9861

Observed Trails, Step-by-step how to information, helpful hints and pictures, \$6.00 Call Bob at (616) 948-4192 after 4pm.



BRB Interviews: Michigan Mountain Biker of the Year—Steve Hammett and Member of the Year—Jeff Turck

Steve Hammett

BRB: Obviously you had a very successful year racing, can you share any of your secrets of success?

Steve: Secrets? Maybe one. I usually get a slow start in races so I run the chevron on my G.C. Extremes backwards from the other guys. That way I don't fall in their tracks and get stuck thus giving me a chance to catch up.

BRB: Would you mind sharing with our readers how old you are and how that affects your training?

Steve: At 39 my body seems game for about anything if I follow a sensible plan of training. Some Things do help:

1. Accepting limitations. My max heart-rate is only 173. I therefore work on endurance/power instead of explosion.
2. Stretching is important to maintain flexibility.
3. I need to pay attention to form. When the body is tired and under stress bad form can cause muscle and joint imbalances that leads to those nagging injuries that take the steam out of any fitness endeavor.

BRB: Do you have a favorite trail in Michigan for training? What about a favorite scenic trail?

Steve: My favorite training trail is a 45 mile loop starting at South Higgins Lake St. Park. 30 miles is state forest single track. My most intense workout area is out near Glen Arbor. I use the logging trails to climb the ridges in that area. Most scenic: High Country Pathway. Real back country mountain biking!

BRB: How do you see the future of mountain biking in Michigan? What are some of the positive things happening in mountain biking throughout Michigan as you see it? How can all mountain bikers help?

Steve: All the doors for enjoyable mountain biking are open for 1991. We have a working relationship with the DNR that allows use of public lands. We have a full racing schedule. And we have a tour planned just for enjoyment. What more could we ask? It will be up to us to maintain our freedom. Supporting the MMBA is a good starting place. It is skillfully organized and is showing results. Also adopting the MMBA code of ethics is wise. If you loved it today remember you'll want it to be there tomorrow.

BRB: What direction would you like mountain bike racing to take in Michigan in terms of class development, racing events, and other activities?

Steve: I like the race series idea. We can develop racers through advancement and give everyone a season wide goal

to shoot for. Mountain bike racing is developing very nicely in Michigan.

BRB: What is your favorite out of state Mountain Bike Magazine?

Steve: Mountain Bike Action

BRB: What is your all-time favorite book?

Steve: Bible; it keeps my perspective at a higher level.

BRB: What is your favorite music?

Steve: Pink Floyd

BRB: What does your training diet consist of?

Steve: Mostly complex carbohydrates, very little red meat, lots of fruit, no fried foods, and jelly beans (can't help it I love'em. Maybe they go under the "secrets" category).

BRB: Do you see mountain biking becoming an Olympic Event? Why or why not?



Mountain Biker of the Year Steve Hammett accepting his award at the Annual Membership Meeting in Lansing, Michigan.

Steve: Sure. Mountain biking has all the elements required to be a world class event.

BRB: In closing is there any thing you would like to share with our readers?

Steve: Mountain biking is freedom for me. I can totally lose myself in the experience. It allows me to express myself and enjoy the unity of the mind, body, machine, and outdoors. It'll work that way for anyone. It's called having fun!

BRB: What were the most notable accomplishments in Michigan in terms of Mountain Biking last year?

Jeff: The most notable accomplishment was the neutralization of the DNR controversy, then working with them (at all levels) to further the positive aspects of mountain biking in Michigan. Open-minded cooperation was the key to the success.

BRB: What are some the main goals that each chapter should make?

Jeff: Each chapter is faced with maintaining current membership levels. Organizing events that appeal to its members is crucial to increase participation. While every chapter has a unique personality and direction, there must be a common focus. While people join for a variety of reasons, the focus should always be on land access, trail maintenance and rider education. Anything else is ancillary.

BRB: What do you feel is important to the growth of mountain biking in Michigan?

Jeff: I'll take this from the point of growth of the sport in general. No doubt mountain biking is growing fast. The key is to make every effort to educate new riders on etiquette, where to ride, and equipment preparation. More bike shops need to join our cause. Giving a new member packet to every person who buys a mountain bike will educate them at point of purchase rather than after a mishap at a park.

BRB: What do you see as the future of mountain biking in Michigan?

Jeff: The DNR has now recognized mountain biking as a legitimate sport [recreation]. Things may change slightly on a year to year basis, but I think mountain biking is here to stay. As the recognized state entity, the MMBA has become the custodian of the trails for mountain biking and must live up to this position 100%.

BRB: What is your favorite book?

Jeff: Books - mostly philosophy and psychology related stuff...the state of the human condition. Quick readers like "The Fall" or "The Plague" by Albert Camus are great. "On The Road" by Jack Kerouac is pertinent today as it was for post war soul searchers. The thinnest fastest, meatiest book I have ever conquered and loved was Brothers Karamozov, by Dostoyesky.

BRB: What is your favorite food?

Jeff: Anything spicy...Hot sechazn Chinese, anything Mexican, true cajun food.

BRB: Where is your favorite place to ride, race and sightsee?

Jeff: Poto...what else? Mammoth Mountain...cuz I've won so many times! Sightsee...Anyplace that's non-trendy.

BRB: Do you see mountain biking becoming an Olympic sport? Why or why not?

Jeff: A mountain biking cross country event will be a "trail" sport in 2000 and a legitimate Olympic sport for 2004. As the evolution of biking takes place, so too will the Olympics. Look out because I'll be a strong veteran from California by then!

BRB: If you could spend a week exploring your favorite trails around Michigan, what four things would you most like to have with you (besides your mountain bike, shelter, food and water)?

Jeff: Camera and film, Mini-mag flashlight and batteries, a trusty compass, and a first aid kit. Is this a boy scout equipment quiz or what?

BRB: What is your favorite music?

Jeff: Music! Yeah Baby! now that's a fun question? Love all types of music; jazz, classical, bluegrass, blues, rock, reggae... Top 3 rock: The Beatles, Pink Floyd, Led Zeppelin. Top 4 New Music: Echo and the Bunnymen, The Cure, The Talking Heads, New Order



**MMBA Member
of the Year
Jeff Turck
accepting his
award at the
Annual MMBA
Meeting in Lansing,
Michigan.**

BRB: What do you see the role of bike shops being in terms of the issues facing mountain biking (as well as other forms of bicycling)?

Jeff: See answer three...

BRB: In closing is there anything you would like to stress to our readers?

Jeff: Support the future of Mountain Biking in Michigan. Join the MMBA and get involved. Bike cool. Be cool.

Editor's note: As of this writing it looks as if Jeff will be leaving our state for Marin County California. Jeff was MMBA member of the year because of his hard work and commitment. He supplied documents, maps, reports, contacted the DNR, park and government officials, worked with those officials, work on trails, newsletters, lead rides, more reports (45 pages!), organized a chapter race in December and more. He says he's got a new job out in the land of sunshine (no water...just sunshine) but my guess he's just going out there to ride his mountain bike and hang out at the beach with his wife to be Denise...Well if he does do only that he deserves it, thanks Jeff for working tirelessly on behalf of all the mountain bikers in the state of Michigan. Look out California here comes Jeff, "Yea Baby!"

Notes for your fanny pack:

Note 1 :

The Bicycle Federation of America commented on the Surface Transportation Assistance bill announced by President Bush and Secretary Skinner. The Executive Director of the Bicycle Federation of America, Bill Wilkinson, said, "I don't get it. We are desperate for new ideas but, all we're offered is more of the same: more highways to serve our needs. It is our dependency on highways and motor vehicles that got us into this mess. How can we expect any improvement in congestion, air pollution, growing dependence on foreign oil and 50,000 traffic deaths each year if we don't change the way we've been doing business for 35 years. Where are the solutions?"

The Bicycle federation was also critical of the Department of Transportation for trying to shirk responsibility for goals that are clearly in the national interest. In particular, the Administration proposal fails to adequately address the following:

- Clean air attainment
 - Independence from foreign oil
 - Modal diversity
 - Bicycling and Walking
 - Local control and planning
- "We need a better vision for the future..."

For more information contact: Bill Wilkinson Executive Director of the Bicycle Federation of America 1818 R Street NW, Washington DC 20009, (202) 332-6986

Note 2 : Addison Oaks

Last fall Addison Oaks County Park Fall Classic included a Team Relay Race. Each team was made up of 4 people and at least 1 person had to be female. It was a cold and windy day last year and 6 teams showed up for the race. The obstacles included:

1. Picking a tennis ball off the top of a road cone and depositing it in a milk crate with string strung across the top. The ball could not bounce out of the crate.
2. Pushing a plastic 55 gallon drum 25 feet with your front tire. You have to hit it hard to get it going and it was difficult to keep it going straight. Some just straddled the bike and pushed.
3. Cross 2 volleyball sand pits. (lots of leg power needed for this one.)
- 4 Bicycle Polo. Yes. With a mallet hit a ball several yards to the finish line. When the ball crosses the next team member can go.

Note 3 : Township closes trail

According to the Grand Rapids Press, the "expert" hill at the Park Township Cross-Country Ski Trails will be closed to skiers...to avoid further injury, a recreation official said Thursday. Eric VanderYacht, of the Park Township Recreation Commission, informed the town-



"The Barrel Bonkers" Left to right: Gary Moore, Diane James, Craig James, Rod Hadash.

ship board of the decision following a broken arm injury at the trails this winter. The park is located at Riley Street and 160th Avenue. VanderYacht said, according to the Grand Rapids Press, unauthorized motorcycles and off-road vehicles use the trails and damage them by speeding up hills and around curves, exposing tree roots. "We're afraid skiers are going to get caught in the roots," he said. "The hill will be closed "as soon as I can get the signs up and the hill will remain closed to make sure legitimate users don't get hurt, he said. the rest of the park's trails will remain open..." he said. Where do mountain bikes stand?

Note 4: Events:

.....See information on MMBA Championship Point Series elsewhere in this publication.....

May 12, 1991

Race For The Troops
Where: Yankee Springs Recreation Area
Contact: Breakaway Bicycles
Kalamazoo MI (616) 349-5555

June 16

The Michigan Fat Tire Biathlon Series #1
Where: Addison Oaks County Park, Rochester MI
Contact: Bill Zolkowski at (313) 662-4226

July 14, 1991

The Michigan Fat Tire Biathlon
Where: Addison Oaks Park, Rochester MI
Contact: Bill Zolkowski at (313) 662-4226

August 18, 1991

The Michigan Fat Tire Biathlon
Where: Addison Oaks Park, Rochester MI
Contact: Bill Zolkowski at (313) 662-4226

August 24, 1991

Montonbo Off-Road Mountain Bike Race
Where: Indianhead Mountain Resort, Wakefield MI
Contact: (906) 229-5181

MMBA Membership Ride

Time and Date To Be Announced...

Note 5: DNR Responds

In the Winter issue of the BRB in Notes For Your Fanny Pack, Note 1 talked about the "DNR auctioning off land to big oil interests" as reported by the Kalamazoo Bicycle Club. The DNR responded with this information:

"All lands considered for leasing shall be thoroughly reviewed by the Department for classification as with development, nondevelopment or nonleaseable in order to assure proper protection of lands having unique surface values or other important natural resources values. The nondevelopment lease classification shall apply to lands in the following categories, and to other lands designated by the Commission:

- Parks
- State Forest Campgrounds
- Dedicated Natural and Wilderness Areas

Areas of special environmental or Unusual Natural Values or recreational land as determined by the Department of Natural Resources (i.e., those land descriptions where (1) the presence of wetlands, rare and endangered species, historical and archaeological features are dispersed and/or utilize the entire area in such a manner that the location of drilling site and associated roads and pipelines is precluded: and (2) undedicated state land that has unusual value other than the above, based on site-specific written documentation.)"

The document goes on to say that "All classification are subject to Commission approval." For more information contact the DNR - Box 30028, Lansing Michigan 48909.

Note 6: 10K?

According to the DOT, "10k refers to section 10k of Act 51, Public Acts of 1951, as amended, MCLA 247.660k; MSA 9.1097 (10l). It requires that state and local units of government spend an average of at least 1% annually of their highway tax funds on non-motorized modes of transportation." Examples of 10k Expenditures:

- Constructing separate paths or widened lanes.
- Constructing paved road shoulders.
- Paving un-paved road surfaces.
- Signing, marking, or traffic signals.
- Maintaining Facilities.
- Replacing sub-standard sewer grates.
- Replacing sub-standard railroad crossings.
- Providing bike racks and lockers.

Educational programs or materials. Maps and guides. Studies, surveys, or special activities. Planning or designing. Specialized staffing. Are these things happening in your area? Why or why not? Should money for "non-motorized" modes of transportation include point to point trail development? Is there a "specialized staff person" for bicycle use in our state? Should there be?

Note 7:

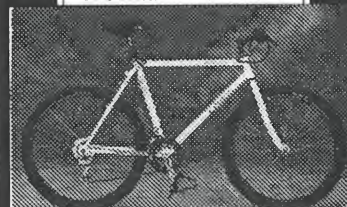
In a letter to Henry zurBurg, Acting Chief, Parks Division from Jack Bails, Deputy Director of the DNR, Mr. Bails said: "Parks Division recently completed its first year of regulated bicycle use covered by five Director's Orders which categorized all State Parks as to the extent of bicycle use allowed in each park...Parks Division sent evaluations to each park requesting an information update pertaining to bicycling activity in their unit. A synopsis of the evaluation contains the following information: Fifty-six State Parks reported no changes

Continued to page 8



Bicycle Polo: Craig James. Addison Oaks plans on having this event in July as a all day Family Fun Day. It was fun to watch and a lot of fun to participate in.

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Requiem For A Lightweight

By Michael H. Clark

I put my old Stumper to sleep today. Yep, I've officially retired my trusty 1984 Team Stumpjumper (#6442771) from off-road use. I know...you don't care (I don't blame you), or maybe you're thinking, "about time - I saw that thing in line at the Pando trials three years ago with a huge dent in the top tube. Amazing it hasn't folded under your big butt by now!"

Thing is - that bike never let me down. Carried me all over, all those early races, a bunch of trails we can't use anymore, three trips to Moab, Crested Butte, Colorado Springs (remember those switch-backs, John?), polo fields far and wide. Every time I have beaten Pruett in a race it has been on that bike!!

I don't think the guys (and gals) at Specialized would recognize it. It's not Pepto-Bismol Pink anymore. The brake mounts migrated from the C-stay to the S-say years back, and Weiller's best attempt with Bondo can't disguise the fact that the top tube's not really a "tube" anymore. It started 1990 at the top of its game - an honest, 24 pounds. Carbon bar and post, grip shift, and John's best wheels. My answer to carbon, titanium, aluminum, who-knows-whatium, felt pretty good. But it limped through the winter as a six speed, with mismatched old heavy wheels, and alternating between drop and old bullmoose bars. Even spent some time as a single speed, sometimes by design sometimes due to a lax maintenance schedule.

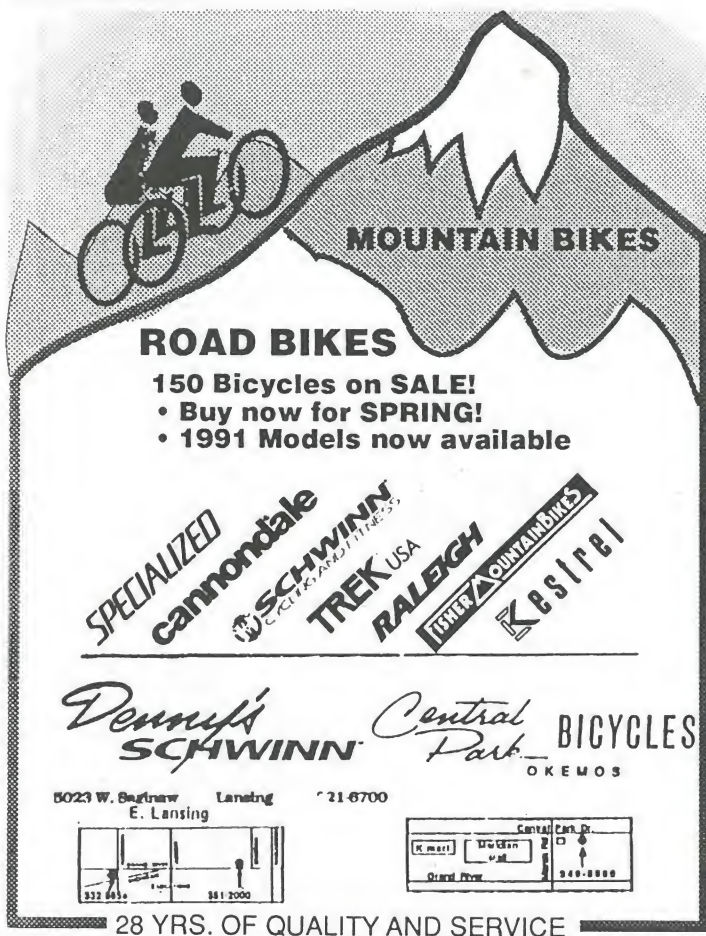
I knew it was time.

I'm gonna paint it black, I think and set it up for "urban warfare" with fenders and slicks. Maybe get 2-3 more years with it. Better that than breaking it in two on the back side of Kandahar or somewhere, don't you think?

Yeah - I'm not sure either. I can't help thinking that whatever "zip"-y new steed I get won't be sitting in my basement 5 years from now - That I won't be tellin' you about. What's that? Sounds good to you? OK. Probably bad business to ride an old bike anyway (right Dave?). Bad for the image, y'know? Gotta be on the latest, the greatest, the lightest, and the rightest. It's my job. Somebody's got to do it. Yeah, that's the ticket...

Editorial Question:

Hey Mike is that "zip"-y or "zap"-y new steed...



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Notes from your fanny pack

Continued from page 7

recommended in the current Director's Order status at that park. Twenty-two state parks recommended a change in Director's Order Classification. The primary reason for reclassification involves inaccuracies in describing the facilities offered in the park. Nineteen State Parks will, through the aforementioned change, be expanding offerings designated for bicycle use. A total of 20 organized bicycle groups have been working in consort with park field personnel to refine the service and facilities offered to the biking public. The primary impetus from local bicycling organization has been provided by the Michigan Mountain Biking Association through their local chapters. Parks Division has received detailed bike study reports from the MMBA on five southeast Michigan State Parks. These recommendations are being reviewed by Parks Division...The only public complaints expressed to date involve the desire by a number of cyclists to use the Hoffmaster State Park hiking trail system and Parks Division remains adamant that user conflicts and environmental concerns prohibit opening this fragile area to off-road bicycling. Parks Division is attempting to resolve this issue by providing some reasonable alternatives for cyclists along the west shore of the state. There has been no demonstrated evidence to date where off-road bicycle use has caused environmental damage to the State Park resource or trail system. Parks Division will continue to closely monitor this activity."



BACKCOUNTRY CLUBS

By Tim Blumenthal

Despite the occasional throwback of sensational headlines, this has been a year of progress for U.S. mountain biking. Trails have reopened in California. In Pennsylvania, I attended two upbeat meetings with the DNR and saw the perception of our sport change among state officials. The bike ban on state park trails may be rescinded.

Nationwide, mountain bikers have started to get organized and educated—the result of a united effort by the International Mountain Bicycling Association, Bicycle Federation, League of American Wheelmen, Bikecentennial, Bicycling and Mountain Bike Magazines, and manufactures. This effort which began in October '89 at the Interbike Expo in Anaheim, California, has accomplished a lot.

But one significant block to further gains may be the lack of well-organized mountain bike clubs. Clubs are the key to effective communication between local land managers and off-road riders. Managers and government officials respond better to unified groups (exemplified by hiking and equestrian organizations and their local affiliations) than to fragmented pleas. And it's easier for managers to relay riding rules and advisories through clubs than individuals.

Comments from Jim Lipko a Pennsylvania state forest official, suggest just how important clubs may be to off-road cycling's future on public land. He writes:

"Our personnel...need input from organized mountain bike clubs. I can not emphasize strongly enough that if a true partnership is to be developed between government and mountain bikers, user organization is a must. Public land administrators have a difficult, if not impossible, task if every inquiry we get from the same recreational group asks for something different."

Unfortunately, our need to get organized runs contrary to two of mountain biking's most appealing pleasures: its spontaneity and sense of personal freedom. Paying to ride a trail—either with dollars or sweat equity—hasn't been necessary, nor has the need to organize or join a club.

Until now.

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'SIGN SAYS IT ALL'



Left to Right: Bart Griffith, Ric Williams, Craig James, Diane James, Tom Nell, and Gary Moore Jr.

Pontiac Lake Chapter Update

By Diane James

In the past year much progress has been made at Pontiac Lake Recreation Area. Due to the very hilly terrain of the park, which makes it so challenging to ride, a lot of areas needed attention because of erosion. [Which was caused by a number of sources not just mountain bikes.] In November 1990 Ric Williams and Tom Pernar worked with the DNR ranger Mike Dash to establish a trail to bypass Dead Horse Hill. This trail was badly eroded. On November 24, working with park rangers MMBA members Bart Griffith, Ric Williams, Craig James, Diane James, Tom Nell, Gary Moore Sr. and Gary Moore Jr. completed the new trail and signs were posted.

Our next step will be to install water bars and plant seed on Dead Horse Hill to restore its natural condition. It most likely will be opened for riding in the future.

Trail signs have been posted and a trail map is in prog-

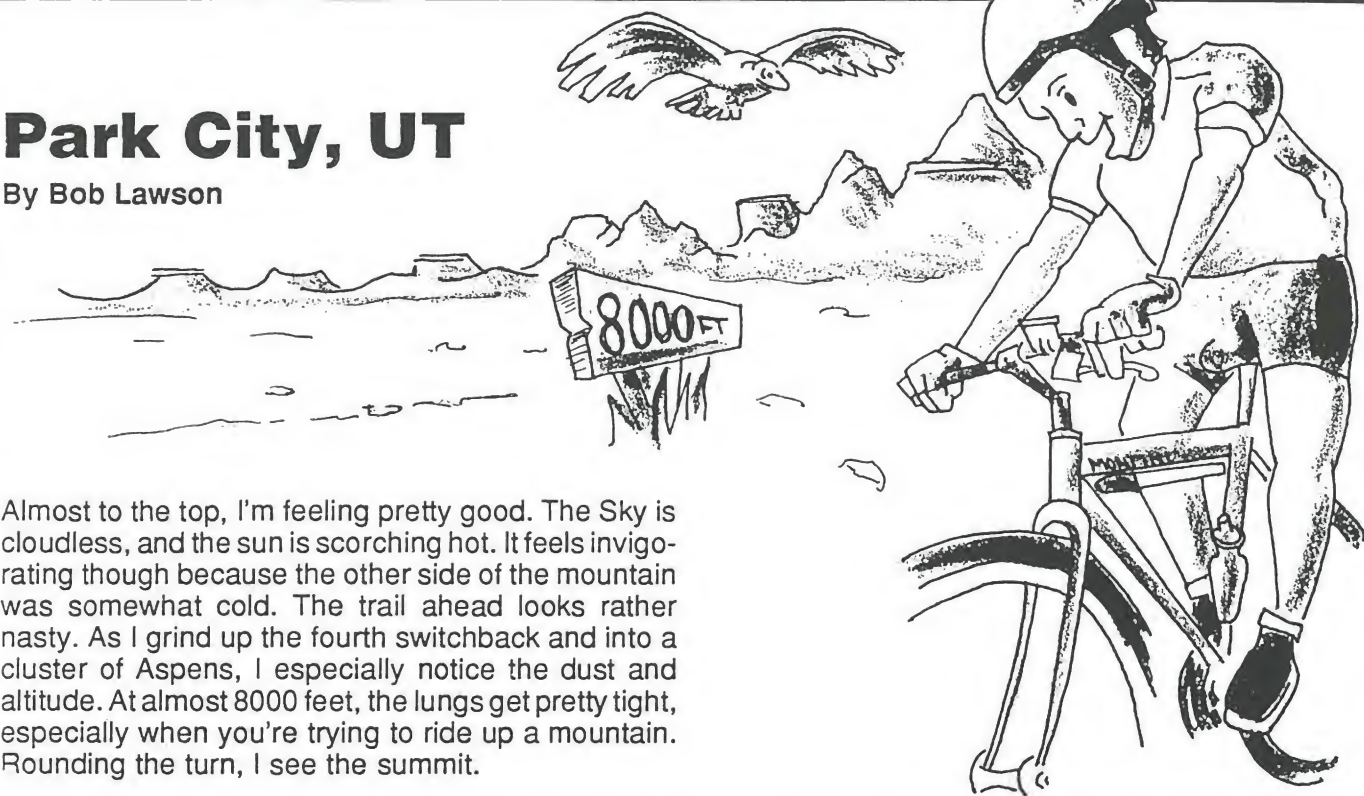
ress for the park. We are waiting for DNR approval on several other bypass trails that have been suggested. There is a wet area at Pleasure Valley that will get a culvert and gravel this spring.

The Pontiac Lake Chapter has assumed responsibility for Proud Lake Recreation Area located near Milford. There are trails established for bikes at this park. A group of us will be surveying the park this spring for areas that may need attention.

Labor Day 1990 our chapter held its annual "Gear Jam" picnic. This will be a yearly event and all MMBA members, families and friends are invited. Fun was had by all who attended with group rides in the morning followed by lots of good food, volleyball, horseshoes and a raffle. We hope to expand the "Gear Jam" activities for 1991. So come on out and meet other MMBA friends on Labor Day at Pontiac Lake Recreation Area.

Park City, UT

By Bob Lawson



Almost to the top, I'm feeling pretty good. The Sky is cloudless, and the sun is scorching hot. It feels invigorating though because the other side of the mountain was somewhat cold. The trail ahead looks rather nasty. As I grind up the fourth switchback and into a cluster of Aspens, I especially notice the dust and altitude. At almost 8000 feet, the lungs get pretty tight, especially when you're trying to ride up a mountain. Rounding the turn, I see the summit.

As a drip of sweat trickles down my forehead and on down my nose; I reach up and wipe it away. Drip, drip, drip. Looking down, I catch a glimpse of a drop of blood as it hits my top tube and glistens in the sun. Eight miles to go and my nose is bleeding. This is my fourth bloody nose since I arrived in Utah. The dryness of the air has dried the inside of my nose and caused it to crack.

The course now takes a dive down a service road. I'm beginning to panic. Drip, drip, drip. Looking down at my computer, it reads 20, then 25, 30. I'm flying down the mountain like a spooked deer, trying to get to the bottom for some help. The trail is rough; my hands begin to itch and burn from the constant vibration. Trying to stop the dripping, I snort in. Snort swallow. There it is, the nauseous and unmistakable smell and taste of blood. I'm trying to ignore my nose. I concentrate on the trail, smooth lines and staying loose to absorb the vibration.

Finally, I round a turn and see a group of spectators and a medical assistant. I jam on the brakes, stop and ask for a tissue. I remember Martin (of Slingshot Bikes) telling me how to stop a bloody nose. As the man dug through his fanny-pack, I blew out my nose into the air as hard as I could. The spectators looked on in disbelief as blood sprayed everywhere. I grabbed my water bottle, and put it up to my nose, tilted my head back and snorted a squirt-full of water. The man handed me a piece of gauze. I ripped a small piece from it and stuffed it in my nose, and off I went, down the trail.

Seven miles and a broken seat post later, I crossed the finish line in fifth place.
(Yea, but did you have any blood left?)

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MMBA CHAMPIONSHIP POINT SERIES 1991

We are pleased to present the Michigan Mountain Biking Association Championship Point Series (MMBA Championship Point Series) for 1991. This consistent with the MMBA Articles of Incorporation and Bylaws which include the fostering of sports competition. The MMBA Championship Points Series serves to promote competitive mountain biking in Michigan by setting consistent minimum requirements for competition throughout the state. Mountain bicyclists traveling to scheduled races can then experience the varied trails and terrain that Michigan has to offer and enjoy the friendships and camaraderie that these races provide. Each designated riding class will be recognized according to age and declared ability. In addition all participants will achieve a sense of their own state ranking within their riding class and/or age group. This will establish a barometer reflecting personal improvement and facilitate the setting of personal goals.

CALENDAR OF RACES*

April 28 - Kandahar, Fenton MI

May 5 - Pando, Belding MI

May 19 - Addison Oaks, Romeo MI

June 9 - Kandahar, Fenton MI

June 29-30 - Sleeping Bear

Mt. Bike Classic, Cedar MI

July 14 - Pando, Belding MI

July 21 - Kandahar, Fenton MI

August 25 - Kandahar, Fenton MI

September 29 - Addison Oaks, Romeo MI

October 13 - Pando, Belding MI

*confirm all dates and times with promoter

Participation Requirements:

Anyone who is interested in being scored in the MMBA Championship Point Series is welcome to participate. To be scored a \$3.00/rider fee will be collected prior to each race by the race promoter, payable to the MMBA to cover administration cost and year-end championship awards. These fees will be waived for current MMBA members.

Scoring:

There will be at least the above ten MMBA designated races in the 1991 series. The best five finishes of each rider are scored to determine his or her final riding class and/or age group rankings.

This number of scored finishes corresponds to the number of NORBA sanctioned races, so as not to preclude NORBA sanctioned riders from fully participating. This system encourages participation at all races since a rider will have more finishes for consideration in choosing his or her best five. At the same time it does not put an unfair premium on extensive travel in mandating the attendance at more than 50% of the total number of races.

The actual points will be tabulated fractionally with the numerator equal to the number of race entries beaten and the denominator equal to the number of racers in the field. Thus, a first place finish in a field of fifty riders would equal 50/50, or 1.000. This approach weighs all races in particular. Any ties will be broken by the following methodology:

1. Most MMBA Championship Point Series races completed
2. Who beat who the most
3. Who beat who in the last race in which the particular riders all participated.

Scores will be tabulated for men on an overall basis for the pro-elite riding class, as well as for the following age groups within the expert, sport and beginner* classes:

Experts

Expert I up to 25

Expert II 26+

Sport

Junior up to 17

Senior I 18-25

Senior II 26-34

Vet 35-44

Master 45-54

Super Master 55+

Beginner*

Junior up to 17

Senior I 18-25

Senior II 26-34

Vet 35-44

Master 35-44

Master 45-54

Super Master 55+

As a rider's age for the entire 1991 series will be deemed to be his age as of December 31, 1991, which is consistent with the NORBA interpretation of age during a racing season. It may be noted that these are narrower age groups than that

established by USCF/NORBA, which will encourage greater amateur participation and year-end recognition. Scores will be tabulated for women on an overall basis for the pro-elite/expert, sport and beginner* riding classes.

Awards will be given to the top three male and top three female riders overall in each tabulated riding class/age group constituted by a minimum of five riders. These awards will be presented at the MMBA annual general membership meeting and the year-end results will be published in the edition of the Bent Rim Bugle following the annual general membership meeting.

*The men and women's beginner class shall be limited to riders in their first year of mountain bike racing. Riders who have raced in events prior to the first race in the 1991 MMBA Championship Point Series are encouraged to enroll in any of the higher level riding classes.

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Marquette, MI 49855

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Letters to the BRB

Dear Sirs,
I am a Michigan resident currently serving in the US Army in Berlin, Germany. In Michigan my home is in Rapid River in the south central Upper Peninsula. Since joining the army and coming to Europe it has become difficult to find information about home.

In a recent issue of Bicycling Magazine I found your address and read about the "Bent Rim Bugle" I would very much like information on how to subscribe. Any information you can send would be greatly appreciated. Anything having to do with Michigan is a welcome sight here in Berlin.

Thank you,
Mark Cowman

MMBA Trail Atlas Report Form:

By Cal Lamoreaux

Name of Trail: _____

Area Name: _____

Type of Area (*state park, state forest, county park, township, etc.*) _____

Fee Required/How Much? _____

Type Of Trail Surface: _____

Miles Total Length _____

Loop(s)? _____

Linear _____

Condition of the surface:

- A. usable by road bikes
- B. usable by road bikes in some seasons
- C. fat tires required
- D. very fat tires, some obstructions
- E. almost impassible, may be faster to hike it

Starting point of trail... _____

Comments: _____

Information source: _____

Address: _____

Club: _____

Please send information to: • Cal Lamoreaux • 11220 Keller Rd. • Shelbyville MI 49344-9612

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Michigan Mountain Biking Association

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